

## Abstract of the Disclosure

A telescopic mechanism, especially for steering columns of motor vehicles, with an internal element (10), which has a flattening (12) at least on one side, and an external element (14), which is complementary to the internal element (10) and in which the internal element is guided with roll barrels, which roll at the flattening (12), wherein at least some of the roll barrels are constructed as hollow elasticity bodies (18).